

EMPLOYEE TRAINING RECORD		
TRAINING TITLE Serious Injuries		
<p align="center">KEY TEACHING POINTS</p> <ul style="list-style-type: none"> • At our safety meetings we stress accident prevention and we try to follow through on the job. But accidents sometimes occur despite all of our efforts. • We are all inclined to lend a helping hand when we see a fellow worker injured and suffering. We want to ease the pain and do whatever else we can to aid in the emergency. This is to our credit. But in some cases, we can do more harm than good. Often it's better to let an injured person alone until professional or trained help arrives. • Many persons have taken Red Cross first aid training courses and one is usually close at hand. If so, follow that person's directions. • For those who have had no training in first aid, remember this rule: Do not move an injured person nor try to get that person to stand. • A good rule to follow when there's an injury is that unless you know what to do, get help. This applies in all cases of serious falls, collisions, crushing injuries, and severe blows by heavy objects or vehicles. Always consider the possibility of injury, even when there's no outward evidence. • Make the victim as comfortable as you can with the least possible movement. Then let that person alone until trained help arrives. Persuade the victim to stay down and not get up. • In case of bleeding you can help by doing something to stop the flow of blood. The best way to stop bleeding is to press a clean compress, handkerchief or cloth tightly over the bleeding area. Even your hand is OK if you have nothing else to use. Pressure causes the flow of blood to slow down or stop and allows clotting to take place. Be sure to protect yourself by using a barrier. Even a plastic sandwich bag will help. 		
<p align="center">TEST</p>		
QUESTION	ANSWERS	
	TRUE	FALSE
1 Many persons have taken Red Cross first aid training courses and one is usually close at hand. If so, follow that person's directions.		
2 For those who have had no training in first aid, remember this rule: Do not move an injured person nor try to get that person to stand.		
3 Make the victim as comfortable as you can with the least possible movement.		
4 In case of bleeding you can help by doing something to stop the flow of blood.		
5 The best way to stop bleeding is to press a clean compress, handkerchief or cloth tightly over the bleeding area.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE